

# February 2019

Houghton-Portage Township Schools

## Houghton Elementary School



Volume VI, Issue 6

Doreen Klingbeil, Superintendent  
Anders Hill, Principal



### Upcoming Events:

- February 8<sup>th</sup>— Spirit Day  
(Wear Black & Orange)  
for Wing-Ding Winter  
Homecoming
- February 14<sup>th</sup>— Classroom  
Valentines Parties
- February 14<sup>th</sup>—**School  
Dismisses at 12:20,**  
Unscheduled Parent-  
Teacher Conferences 1-  
3:30 pm
- February 27<sup>th</sup>— **School  
Dismisses at 12:20,**  
Professional Development  
in PM
- March 13<sup>th</sup>—**School Dis-  
misses at 12:20,** Profes-  
sional Development in PM
- March 6<sup>th</sup>—Family Science  
& Engineering Night @  
HES
- March 22<sup>nd</sup>—3rd Marking  
Period Ends
- March 25<sup>th</sup>—March 29<sup>th</sup>—  
Spring Break **No School**

### 3<sup>rd</sup> Grade Reading Law- A Parent's Guide to PA 306

In an effort to boost reading achievement in the state, Michigan lawmakers passed Public Act 306 in October 2016. The law requires extra support for K-3 students who are not reading at grade level and also states that a child may be retained in third grade if they are one or more grade levels behind in reading at the end of third grade. This law effects this year's kindergarten, 1st and 2nd grade students and the grades to follow.

**What do I need to know as a parent?** Your child's reading progress will be closely monitored beginning in kindergarten. If your

child is not reading where expected, a plan to improve reading will be created. This means your child's teacher and school will work with your child to find where your child needs support in his/her reading development and create a plan to support him or her. This plan includes extra instruction or support in areas of need, ongoing checks on reading progress and a read-at-home plan that encourages you and your child to read and write outside of the school day. Extra supports in your child's reading improvement plan will occur in small groups during the school day. Your child will not miss regular

reading instruction. Starting in **2019-2020** school year, in order to be promoted from third to fourth grade, your child cannot score less than one year behind on the state reading assessment. If you are notified your child may be retained, you have the right to meet with school officials and to request, within 30 days, an exemption if in the best interest of your child.



### Winter Parent-Teacher Conferences

Please make every effort to attend winter parent-teacher conferences. They will be held from 1 to 3:30 pm on Thursday, February 14<sup>th</sup>. Parent involvement is a key to student success. These are unscheduled conferences, so it is first come, first serve. Please try to limit conferences to 10 minutes so that all parents have a chance to meet with teachers.

On January 22<sup>nd</sup> we held our annual Geography Bee. We'd like to congratulate our winner Casey Hiller and Runner-up Ben Waite



### Dropping Off Students at School



Parents please remember that students should be dropped off at the upper parking lot or roundabout in the morning. Also, please remember to park in the parking lot if you are coming into the school. Vehicles should not be left unattended along the sidewalk, and please slow down in the parking lot.

## January TEAM Students

Every month we are recognizing a student in each class that exemplifies our schools TEAM goals:

**Take Responsibility**

**Earn Respect**

**Act Positively**

**Make it Safe**

These students will enjoy cookies and milk with the

principal and receive a certificate.

**Young 5's:** Quinton Schlieff

**K:** Bella Sarau, Kayla Harwood, Henry Knoch, Jane Filpus & Elena Marin

**1st :** Henry McCarty, Jephtha Heldt, Alex Dowden, Dawson Rilei & Penelope Harris

**2nd:** Chelsea McCloskey, Jordan Statler, Andrew French, Hayden Matteson &

Adelyn Kangas

**3rd:** Shayla Peterson, Emre Durocher, Tristan Wolfe & Jillian Isaacson

**4th:** Mason Hill, Jade Hupp, Samuel Cai, Andrew Weaver & Eleanor Portfleet

**5th:** Jersi L'Esperance, Maggie Henquinet, Rosemary Eisele & Brynn Lystila

**Congratulations!**

**TEAM Students**



## PTO Corner

**You Support PTO. PTO Supports Our School.**

**Shop & Support PTO:** Way to show that Gremlins Pride! Almost 200 items were purchased from the Spirit Wear Sale. The backordered black Sweatshirt Blankets are now in stock. If you would like to purchase a 50"x60" embroidered blanket for \$22, email [nn\\_verive@yahoo.com](mailto:nn_verive@yahoo.com). Pom Hats are also available for \$20.

**PTO Thanks:** Over 200 people kicked off 2019 in motion at Track Friday. Thanks to Holly DeForge for leading yoga, GoGoSqueez for our snacks, and to the following generous prize donors: Copper Country Family Dentistry, CrossFit Hakkapeliitta, Michigan Tech Housing Dept., Michigan Tech University, Mont Ripley, Portage Fitness Center, Upper Great Lakes Family Health

**Give Back Results:** We appreciate everyone who dined at Baby E's BBQ - \$270 will be donated to HES PTO.

**Coming Up:**

**PTO Meeting Tuesday, February 19 at 5:30 p.m.** in the School Library

**Information & Updates:**

Like PTO on Facebook: [facebook.com/HPTSPTO](https://facebook.com/HPTSPTO)



# Counselor's Corner

Micah Stipech

## Miracle Grow for the Brain

What if there was a miracle grow for the brain? Something we could sprinkle on and “poof” we are able to learn more, perform faster and age slower? What if there was an easy-to-achieve, scientifically proven, way to make yourself smarter? It turns out this is exactly what happened when researchers sprinkle a protein called Brain Derived Neurotrophic Factor (BDNF) on brain neurons in a petri dish. Similar to fertilizing a plant, the neurons sprout new branches, make new connections and literally take off.

A massive amount of research is highlighted by Dr. John Ratey, a clinical professor of psychiatry at Harvard Medical School in his book SPARK: The Revolutionary New Science of Exercise and the Brain (Little, Brown, 2008).

How it works is BDNF binds to receptors in synapses that connect the neurons in our brains. It increases the voltage of those electric connections. In other words, it boosts their signal strength.

Inside the cells BDNF goes to work activating genes that create more BDNF, other important proteins and neurotransmitters. One of those neurotransmitters, Serotonin, is crucial in regulating mood and feelings of well-being. Pharmaceuticals that create anti-depressants target serotonin attempting to artificially improve mood and curb depression.

So how do we create more BDNF in our brains so that we can learn more, retain more, combat stress and feel better? The answer, researchers agree, is free. Daily exercise, in particular, bursts of high intensity exercise. Those who exercised vigorously for short bursts of 3-5 minutes create more BDNF than individuals doing something like a moderate 40minute jog.

In a recent German study, volunteers who did two 3 minute sprints (separated by 2 minutes of lower intensity) during the course of a forty-minute treadmill session demonstrated higher increases in BDNF than non-sprinters. Not only that, the sprinters learned vocabulary words 20 percent faster than non-sprinting exercisers. It seems even a small amount of high-intensity exertion can have a profound effect on your brain!

BDNF production is most crucial in Children. Children's brains are rapidly creating connections enabling them to learn at a staggering rate. By their teen years brains are already going through neural pruning, cutting out those connections that are not being used. It is critical that children utilize these windows of trainability and create neural connections that will last a lifetime. When children are sedentary, looking at screens and not moving and playing, they are missing out on tremendous cognitive development.

Brain Derived Neurotrophic Factor, a fancy name that tells us what people have known for ages; a healthy body, mind and spirit are inseparable. Include plenty of activity and play in our children's day and sprinkle miracle grow on their brains.

<http://www.nytimes.com/2012/04/22/magazine/how-exercise-could-lead-to-a-better-brain.html?pagewanted=all>

SPARK: The Revolutionary New Science of Exercise and the Brain (Little, Brown, 2008).



# Attendance Matters

## DID YOU KNOW?

- Starting in Kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college and at work.

attendance  
**MATTERS**<sup>®</sup>

### When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

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**EVERY  
MINUTE  
IN SCHOOL  
MATTERS**

Two missed days a month adds up to being a half a year behind by the time your child reaches 4th grade.

And once a child falls behind, they rarely catch up.



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Mission Statement:

*Every Student, Every Day!*



Congratulations to our 5th Grade Spelling Bee classroom winners: Lucy Anderson, Jack Cooke, Kai Griffith, Brynn Lystila, Delaney Salmi, Lewis Vendlinski, Anna Wu & Daniel Xie. In the district competition Brynn Lystila was our runner-up and Anna was our winner. We wish Anna and Brynn the best of luck at the regional spelling bee.



## **Kindergarten Round Up 2019-20**

Houghton Portage Township Schools will begin registering kindergarten-aged children for the 2019-20 school year. Children who will be five years of age by September 1<sup>st</sup>, 2019 (Waiver available if students turn 5 before December 1st, 2019), are eligible to enter kindergarten or Young 5's. Please call Houghton Elementary School at 482-0456 ext. 3040 to pre-register. Children currently attending Young 5's are automatically registered for kindergarten.

